



# **BSM GLADIATORS**

*Martial Arts and Fitness Community Club*

## **AUTUMN 2024 SCHEDULE**

*Starts 1 Sep 2024 & completes Dec 2024  
(12 weeks booking period)*

*Venue: British School Muscat Sports Centre*

**FUNCTIONAL FITNESS**      Sunday      RO 60  
(MIXED 18+)      4:30 pm (1 hr)      12 sessions

**WARRIORS: Foundations**      Monday      RO 105  
**Of Judo, Karate & Jujitsu**      4:30 pm (1.5 hrs)      12 sessions +  
(5-15y Mixed)           *belting exam*

**FUNCTIONAL FITNESS**      Wednesday      RO 60  
(MIXED 18+)      4:30 pm (1 hr)      12 sessions

Register at **[bsmgladiators.com](https://bsmgladiators.com)**  
or email **[bsmgladiators@gmail.com](mailto:bsmgladiators@gmail.com)**

*Contact GSM/WhatsApp 94041247 for any queries.  
Classes open to adults 18+ only unless otherwise specified.  
Terms and conditions apply.*



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[bsmgladiators.com](http://bsmgladiators.com)

## OUR CLASSES FOR AUTUMN TERM 2024



### **WARRIORS: Foundations of Judo, Karate & Jujitsu**

is a comprehensive course on non-contact drills, skills and techniques from the disciplines of Shotokan Karate, Judo and Jujitsu. Builds a strong physical and mental foundation



for children. All levels welcome with no previous martial arts knowledge required. *Train with our champion male & female black belts!* **For children 5 to 15 years old.**



**Functional WOD** is interval training that aims to build real warriors in life using scalable Workouts of the Day for

all levels. A wide variety of timed and rep-based exercises enables participants to be more functionally adept and energetic by building muscular strength and endurance as well as cardio fitness. **Open to all adults (18+) of all fitness levels.**

